

KCAASD Senior Nutrition Program
Reservations/Cancellations 661-342-8225
Lamont

Lamont SC – October 2026
10300 San Diego St.,

Print 20		2600Menus are subject to change without prior notice		
Monday	Tuesday	Wednesday	Thursday	Friday
CONTRIBUTIONS: Online: https://www.kerncounty.com/government/aging-adult-services Check or Money Order payable to: -----			1 Chicken Dijon Broccoli** Brown Rice Wheat Roll <u>Honeydew</u> Milk	2 Trick or Treat 
5 Chicken Enchiladas Brussel Sprouts** Mexican Rice <u>Tropical Fruit</u> Milk	6 Shepherd's Pie Broccoli** <u>Blushing Pears</u> Breadstick <u>Juice</u> Milk 	7 Mac & Cheese w/Ham Peas & Carrots** <u>Fresh Nectarine</u> Wheat Roll Milk	8 Tilapia Florentine Mixed Veggies** Couscous <u>Cantaloupe</u> Milk	9 Hot Dog w/ Chili Chuckwagon Corn** <u>Pineapple</u> Milk 
12 Crab Cake Zucchini & Tomatoes** <u>Fresh Orange</u> Garlic Bread Milk 	13 Sweet & Sour Meatballs Pepper Mix** Brown Rice <u>Pineapple</u> Hawaiian Roll Milk	14 Chicken Jambalaya <u>Broccoli**</u> Fresh Banana Breadstick <u>Juice</u> Milk 	15 Loaded Baked Potato Carrots Coins** Baked Beans* <u>Berry Mix</u> Garlic Bread Milk	16 Baked Chicken Sweet Potato Cubes** <u>Pineapple</u> <u>Coleslaw</u> Wheat Roll Milk
19 Beef Quesadilla Black Bean & Corn Mix** Mexican Rice <u>Gelatin w/ Fruit</u> <u>Juice</u> Milk	20 Smothered Chicken Veggie Blend** Mash Potatoes** <u>Honeydew</u> Biscuit Milk	21 Beef & Cabbage Casserole Mixed Veggies** <u>Berry Mix</u> Wheat Roll Milk 	22 Pork Pasta Skillet Carrots** <u>Spiced Apricots</u> Wheat Roll <u>Juice</u> Milk	23 Chicken Pasta Pomodoro Zucchini** <u>Mango</u> Garlic Bread Milk 
26 Vegetable Rigatoni** Italian Broad Beans** Garlic Bread <u>Juice</u> Milk	27 Chicken Marsala Brussel Sprouts** Mashed Potatoes <u>Tropical Fruit</u> Wheat Roll Milk	28 Casino Crusted Cod Carrots** Garden Salad <u>Kiwifruit</u> Wheat Roll Milk	29 Cranberry Orange Chicken Capri Veggies** Brown Rice <u>Mandarins</u> Hawaiian Roll Milk	30 Boil & Bubble Soup Spinach & Mushrooms** Witches' Broomstick Chocolate Loaf <u>Juice/Milk</u> 

Note: ** *items are a rich source of Vitamin A*

Underlined items meet 1/3 of the DRI's for Vitamin C

Suggested Contribution Age 60+ - \$3.00; Non-seniors' meal cost - \$6.00

Seniors will not be denied service due to inability to contribute



= More than 1000 mg Sodium